

# Veggie Bean Wrap

Rating: ★★★★★

**Cook time:** 25 minutes

**Makes:** 4 servings

## Ingredients

- 2 green or red bell pepper (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 **can** black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mango (chopped)
- 1 lime, juiced
- 1/2 **cup** fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas, fat free (10 inch)

## Directions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

California Department of Health Services, Healthy Latino Recipes Made with LoveCalifornia Latino 5-A-Day Campaign

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	480	
Total Fat	13 g	20%
Protein	13 g	
Carbohydrates	87 g	29%
Dietary Fiber	15 g	60%
Saturated Fat	2.5 g	13%
Sodium	720 mg	30%